

# Hyperglycemia (High Blood Glucose)

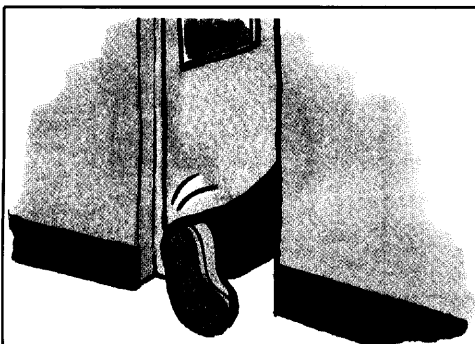
**Causes:** Too much food, too little insulin or diabetes medicine, illness or stress.

**Onset:** Gradual, may progress to diabetic coma.



**EXTREME THIRST**

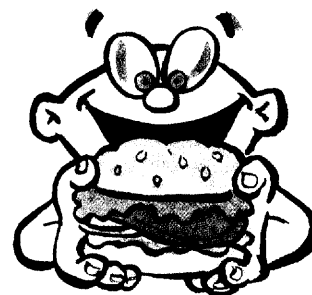
## SYMPTOMS



**FREQUENT URINATION**



**DRY SKIN**



**HUNGER**



**BLURRED VISION**



**DROWSINESS**



**NAUSEA**

**WHAT  
CAN  
YOU  
DO?**



**TEST BLOOD GLUCOSE  
TEST KETONES**











**If over 250 mg/dL for several tests  
CALL YOUR DOCTOR**

# Hypoglycemia (Low Blood Glucose)

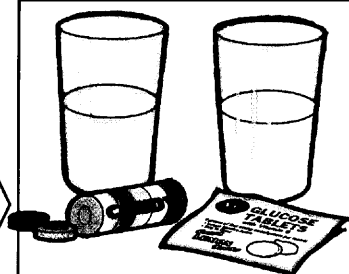
**Causes:** Too little food, too much insulin or diabetes medicine, or extra exercise.

**Onset:** Sudden, may progress to insulin shock.

## SYMPTOMS

 <p><b>SWEATING</b></p>	 <p><b>ANXIOUS</b></p>	 <p><b>DIZZINESS</b></p>	 <p><b>HUNGER</b></p>
 <p><b>IMPAIRED VISION</b></p>	 <p><b>WEAKNESS FATIGUE</b></p>	 <p><b>HEADACHE</b></p>	 <p><b>IRRITABLE</b></p>

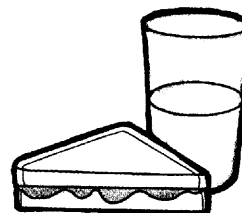
**WHAT  
CAN  
YOU  
DO?**



Drink 1/2 glass of orange juice or skim milk, or eat several hard candies.



**TEST BLOOD GLUCOSE**  
If symptoms don't stop, call your doctor.



Within 30 minutes after symptoms go away, eat a light snack (a 1/2 peanut butter or meat sandwich and a 1/2 glass of milk).

**Treatment may vary with different medications.**